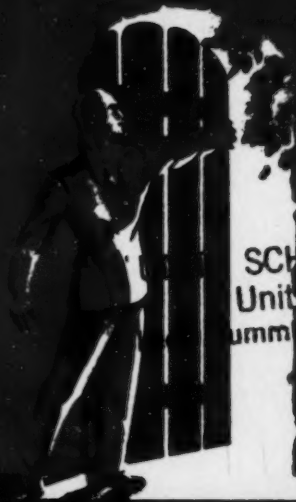


# UNITY DAILY WORD

*A Page of Sunshine for Every Day*



*Revealing the way to*  
**HEALTH HAPPINESS and PLENTY**

January, 1935



## AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

December 20 to January 19

*I have faith in Thee as the beacon light that goes before, and makes plain all my way.*

*I have set the Lord always before my face, therefore my heart is glad and my flesh resteth in confidence.*

*I have faith in Thee as my unfailing resource, and I am in all ways prospered.*

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Single copies of **UNITY DAILY WORD** may be obtained at news stands at 15 cents. Subscription, \$1 a year.

Unity School of Christianity also publishes *Good Business, Progress, Wee Wisdom, Unity, Weekly Unity*, and *Unity Sunday School Leaflet* at \$1 a year.

Requests for the ministrations of Silent Unity and love offerings for prayers for health and prosperity should be addressed to the Unity School of Christianity, Silent Unity Department.

Subscriptions, renewals, requests for Prosperity Banks, changes of address, book orders, or checks and money orders for publications should be sent to Unity School of Christianity, Publishing Department.

Entered as second-class matter June 13, 1924, at the post office at Kansas City, Missouri, under the act of March 3, 1879. Accepted for mailing at the special rate of postage provided for in section 1103, act of October 3, 1917, authorized June 13, 1924.

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VOL. XXII  
No. 1



JANUARY  
1935

## UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

### Selflessness

Tradition tells us that the Lord once spoke to one of the saints and said:

**"Forget yourself entirely and I  
will think of you."**

## New Year Colloquy

CLARENCE EDWIN FLYNN

"Good morning, Mr. New Year.  
What have you got for me?"

"My friend, I have whatever  
You care to do and be."

"Do you come bringing gladness  
To keep my heart aglow,  
And fill the days with blessing?"  
"If you would have it so."

"Do you come bringing sunshine,  
And skies all clear and blue,  
Without a cloud or shadow?"  
"I'm leaving that to you."

"Do you come bringing treasures  
Of friendship deep to fill  
My life with satisfaction?"  
"Yes; that is, if you will."

"I give you welcome, New Year.  
What will you be to me  
Of worth and joy and courage?"  
"All you will let me be."

## Christ, the God of Beginnings



**F** THE ANCIENT Roman deities, Janus was the god of gates and doors and of all beginnings. Our month January was named after him. We come to think of the first of the year as a time to begin anew, to lay hold of opportunities, and to make a fresh start in life. The time of year most appropriately gives us a feeling that all gates and doors are open to us, and we approach January with a sense of being master of conditions that may previously have baffled us.

Janus is represented by two opposing faces. Several interpretations have been given to this symbolism. One interpretation is that the figure with one face sends a farewell look to the past, while the other is expectantly turned toward the future. January is considered a month for settling old scores and for beginning new enterprises. On New Year's Day we bid farewell to the mistakes of the past year and resolve to live better during the coming year.

To the student of practical Christianity the symbolism of this old Roman deity is obviously interesting. We are most concerned with finding open doors, making new starts, bidding farewell to the past, and anticipating blessings in the present and immediate future. While the world at large looks forward to New Year's Day as a time of new beginnings, men with such an outlook often delay the good that should be theirs by feeling that they must look for

it only on the first day of January.

You can begin life anew whenever you want to do so. You can bid farewell to the past whenever you choose to do so. It is especially easy to make resolutions on New Year's Day, however, because at this time so many persons do it and so help to strengthen your morale.

To the Christian, Christ is the God of open doors. With our thought centered upon Him, we find all gates opened to us. We are like the ancient Romans who worshiped Janus in that we worship a God that opens doors to us, a God for whom all gates stand ajar. While the statues of Janus show him looking to the left and to the right, the pictures of Jesus show that He has but one face and usually show Him looking straight at us.

If we were to live in the higher consciousness of Truth, we should find that the only time for us is that of the present moment. Consequently, we should not think of our blessings as delayed until some future time. We should not think of ourselves as limited by the experience of the past. We should not be Janus-minded, considering both the past and the future. We should abide in the present only.

While we often hear Christ spoken of as the God of love or the God of some blessing that we seek, we believe we have never heard Him spoken of as the God of new beginnings. Millions of persons want to make a fresh start in life and get a new grip on themselves. We



direct them to Christ, the God of new beginnings. We believe that they will find their prayers answered in Him.

Even as all things exist in Him and have their beginning and source in Him, so in Him is found their completion, their fulfillment. Christ, then, is our God of fulfillment, our God of answered prayer. Christ is our God of ideals made real, of dreams come true.

Why do we call Christ our God of beginnings? The Christian begins life anew when he finds Christ. His life begins in Truth from the moment when he finds Christ. When we find Christ we take a new hold on life. Doors and gates open to us. Those previously closed open most invitingly. The work that seemed difficult becomes easy. That which we thought we could not accomplish is successfully done.

Do doors appear to be closed to you? Christ will open them. The door that is closed cannot long remain so when you bid it to open in the name of the Christ. "Knock, and it shall be opened." The Christ message is that of the open door.

Do you need to make a new beginning in life? Take Christ as your God of beginnings. You cannot be bound to the past when Christ in you is ever renewing you and guiding you to new beginnings. Life will present a new and interesting aspect to you when you realize that it begins in Truth at each new moment of the day.

## "The World Cannot Hate You"



HERE ARE many, many persons who fear things of the world about them and feel that the world is filled with things and peopled by beings that are malicious. Jesus broke the spell and delivered these fearful persons from such a delusion when He said, "It is impossible for the world to hate you" (Weymouth's version).

In declaring this truth, Jesus conveyed a thought that we can put in the form of denial and affirmation as follows: *I no longer believe that the external world—its people and things—has power to think or act maliciously as far as I am concerned. I know that that which is external to me has no power to create an unhappy or undesirable condition in me or in my affairs. I know that Christ in the midst of me is the power of good eternally expressing itself.*

Jesus taught the "doctrine of nonattachment" when He said, "Love not the world." We are admonished not to place our affections upon worldly things even as we are told that they have no power to harm us. We can see that we are not to live in the emotion of hate or love in relation to the world about us. We are to center our thought in Christ in the midst of us and love Him. We are to see the world about us with its people and things solely from the standpoint of Christ within us. His love is to guide us and to temper our thoughts and emotions at all times.

There are many persons who live in a state of unhappiness because they believe the world

has power to hate or love them, to hold them in bondage according to its capricious whims at the moment. Probably all their worry and unhappiness come from the belief that things of the external world have power to hate them, to act maliciously toward them.

Jesus set us free from this delusion when He declared our freedom from the world. He spoke the truth that wipes completely from our mind all belief that other persons can harm us, that external things can affect our well-being or our progress, that things can conspire against our prosperity and success, that material things can cause disease, that things of the world about us can overpower the Christ within us.

Jesus summed up all our myriad beliefs about the malicious power of external things in the phrase dealing with the hate of the world. He spoke a truth that frees His followers from all belief in ill luck, all fear of malicious thought, all bondage to the world. He broke the chains that held man captive to worldly things.

In order to know that the world does not hate you, in order to be sure that you do not love things of the external world, you must do one thing. You must guard your thoughts and emotions. If you are not to live in hate and love as regards the world, you must not entertain emotions about it. You are to be detached from the world and know it entirely through the wisdom and love of the Christ within you.

You are to be related to its people only through the wisdom and love of your Christ and theirs.

The doctrine of nonattachment to things continues to be a teaching given us by saint and sage in order to help us in our overcoming and in the development of spiritual consciousness. Detachment from the world, detachment from the belief in its power over us must be made in order to strengthen the bond between us and Christ.

What should be the attitude toward the world of the person who lives the life of non-attachment? Is he to be cold-blooded in love and in his relations with his friends? Is he to think of all external things as evil? Is he to have no personal attachments? These questions can best be answered by our freeing ourselves from worldly and personal love and by our living in the universal and unselfish love of Christ that unites all men in Spirit.

Our detachment from things of the world about us draws us nearer to Christ within us. Only His wisdom and love can direct us in our personal relations and in our relations to worldly things. Certainly, we cannot be bound to persons and things if we go the way of Truth. We cannot believe that they can injure us. We cannot believe that they are necessary for our joy and happiness. Wisdom and Christ love alone can prompt us in our dealings with others. In Christ love, there is no bondage, no sorrow, no grief over personal attachments, no bondage to things.

## Enduring Prayer



**W**HAT SHALL we do when we have prayed for a time and our prayer appears to be unanswered? Shall we cease to call upon the Lord? Shall we let go? In Isaiah we read: "Ye that make mention of the LORD, keep not silence, and give him no rest, till he establish."

Some persons pray for a time and then accept whatever comes to them or happens as a result of their prayer. They accept misfortune or adversity, if it comes after they have prayed, as an answer to their prayer. They believe that if they have prayed in some fashion or other, whatever comes to them is God's will even though that which comes is obviously evil.

Many persons do not get the right answer to their prayer, because they do not reach the spiritual heights in their praying. They do not enter the consciousness of prayer. Their prayer therefore has no bearing upon the disaster that enters their lives. They need to get into a higher consciousness when they pray and hold firmly to Truth.

If you pray for health, expect health. If you make mention of health in your prayer to the Lord, hold firmly to the truth until health is established. Do you weaken in your prayer and then accept disease as your portion? God's will is health, not disease.

Do not weaken or waver when you pray, even though you enter into a high ecstasy of prayer. Your prayer must always be positive, persistent, enduring. You must hold firmly to

the truth even in the face of appearances that have no place in Truth.

Learn to be "one-pointed" in prayer. Keep your mind centered upon the good that God has in store for you and make no compromise with evil. Accept nothing short of this good. Above all, do not think that if adversity appears in your life, your prayer brought it on or that it came through God's will. God's will is always good will. His will for you is peace of mind, health of body, and success in affairs.

Give the Lord no rest until He comes into visibility as the blessing you need. Endure to this end. Pray without ceasing. Let your every breath contribute to the purpose of your prayer. Let your every thought be a thought that reinforces your prayer.

In praying the powerful prayer of Truth, in being positive and enduring, you must enter that high consciousness which knows no sense of weariness or tenseness. Let your prayer be firm and strong, and do not try to back it up by human will power. You are willing that God should give you something. You are relaxed in mind to the extent that you know positively what His good will is.

Enduring prayer persists through all sense of discouragement. The human sense of weariness is overcome when we realize that we are praying the mighty truths of God. We are seeing His truths established within us. In this way we lose all sense of discouragement and mere personal values. The truths of God

exist independently of our personal feelings.

When evil presents itself to you in any guise, make mention of the presence of God, the good. Rise to the heights where you perceive the allness of God. Keep not silent. Speak the word. Take no rest in your endeavors. Be refreshed through knowing that you are thinking and acting from the standpoint of Truth. The Lord will establish your good because He has naught of evil to offer you. Ever bear this in mind.

If your efforts appear to avail nothing, you have but one thing to do: keep praying. The person who needs to pray can do nothing else but pray. Prayer is his one and only way out of his difficulties. His prayer must endure. He must mention his need to the Lord in prayer and persist in prayer until his need is met.

When you pray you are but realizing a mighty truth against which nothing can prevail. This mighty truth is established in you when you reach that high consciousness in which this truth is absolute, knowing no opposition or limitation. You pray the positive and absolute prayer when you reach the heights in which God, the good, exists as all in all. His good is established in you as the answer to your prayer when you allow Truth to become firmly established in your mind. Your prayer endures when His Truth endures in your consciousness, defying all opposition and doubt.

We enter prayer with a sense of humility and emerge from it victorious and triumphant—if we know how to pray the positive prayer.

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## The Indwelling God

Try to realize that there is in each of us a magnificent palace all built of gold and precious stones, worthy, in a word, of the great King who dwells there. And try to realize what is true—that you are contributing toward this splendor. This palace is your own soul. When it is pure, no palace on earth can rival its magnificence. The virtues are the diamonds with which it is decked, and the greater these virtues are the more dazzling is the sparkle of the diamonds. And finally try to remember that in this palace dwells the King of Kings, who of His infinite goodness desires to be a Father to you; that He is seated on a throne of very great price, and that this throne is your heart. . . .

One who desires to acquire the habit of living with this King must master self by withdrawing his senses into himself. In conversation, in listening, etc., let him remember that there is Some One at the bottom of his heart to whom he can also speak, listen, etc. Thus gradually he will form the habit of never being separated from his Divine Companion.—*Way of Perfection.*

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Tuesday, January 1

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*Now are the blessings of God manifest in my life according to my desire and need.*



**I** REALIZE TODAY that in Spirit there is neither past nor future. I know that according to God's standard of time there is only the eternal now. I cease to look to yesterday or to tomorrow knowing full well that in Truth the only time is the present moment.

God's blessings come to me now in the form and manner in which I can be best served. There is no delay in my receiving the good that God has in store for me, because there is no thought of delay in my consciousness. No hindering belief can keep God's blessings from me. I abide in the realization that the work of God is promptly done in my mind and in my affairs.

Living in the realization of the present moment, I live in the consciousness that now is the time when I receive the good that Spirit has in store for me. I no longer delay the coming of my good by looking to the future for it. I know that in God's world there is only the present moment, the time of instantaneous demonstration, the time when prayer is fulfilled.

I rejoice to live in the eternal now, the timeless time of Spirit, free from all belief in delay.

The time is fulfilled.—*Mark 1:14.*

Wednesday, January 2

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*The loving presence of Christ in my heart ever inspires me to be loving in all that I think and do.*



NOW DIRECT my attention to the presence of Christ at the center of my being and realize that He is the very presence of love. I know that when I have my thought centered upon Him I cannot be unkind and unloving. I realize that He is ever inspiring me to be loving in all my dealings and relationships with others.

I realize that through His love for me He is causing all things in my life to be adjusted and to produce good. I know that with my thought directed to Christ I am bound to cause good to come forth into my life. I know that through His love I cause good to spring forth speedily into manifestation.

I live in a world of love from which every unloving thought and deed has been excluded. I abide in the consciousness that this is Christ's world of love and that He exists at its center as the power of love. No unloving thought can exist where Christ's power is understood and felt.

Today I abide in the consciousness that through the love of Christ I can do all things.

To them that love God all things work together for good.—*Rom. 8:28.*

Thursday, January 3

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*I give up every thought of doubt in order to have perfect faith in God, the good.*



THROUGH FAITH in God, I am able to rise above all doubt and unbelief. I no longer believe that evil has presence or power in Truth or in my life. I know that God is now quickening me to have perfect faith in Him as the one presence and one power.

Through faith in God, I have faith in myself and in my fellow man. Having faith in God, I have faith in the good wherever it is to be found. Faith in Him gives me faith in all that is like unto Him. I know that through Him my faith in my own ability is increased. I know that faith in God in the midst of me gives me faith in my own ability to cause the good to be found wherever it can be revealed.

Rising out of unbelief, I increase in faith. I understand more and more of God; therefore, my faith is no longer blind. I am intelligent in my faith. I cast from mind those thoughts which interfere with faith and I think faithful thoughts, thoughts that inspire me to have more faith in God. I have faith that right now He is quickening me to know more and more of Him.

*Jehovah preserveth the faithful.—Psalms 31:23.*

Friday, January 4

---

*The patience of Christ is now expressed in me, and I am patient in all situations.*



**I AM CURED** of the habit of impatience. I am no longer impatient with persons and things. I drop from mind every thought that would make me impatient. I have faith that Christ in me is now inspiring me to be trustful and patient in all circumstances.

I trust Christ in all my ways. I need not be concerned about the outcome of any situation. I trust Christ and know that He will bring good to pass. I know that I need no longer be concerned about what the future will bring to me. I patiently await the good that Christ has in store for me.

Free from impatience, I rejoice to rest in the confident assurance that whatever is mine will come to me. I abide in the realization that nothing can delay my good or thwart the purpose of God. I know that through patience I abide in that consciousness in which I behold the goodness of God coming into visibility.

In the consciousness of patience, I stand witness to the working of good in all my affairs. I no longer try to hurry or to hasten the work of Christ.

**Bring forth fruit with patience.—Luke 8:15.**

Saturday, January 5

---

*The goodness of Christ in the midst of me is now expressed through me as my own tangible good.*



THINK of Christ as the source and center of all good. I direct my attention to His presence in the midst of me, the very presence of good. I live in the realization that I am forever identified with all good and that I am unified with Christ, through whom my good comes.

The goodness of Christ in me now appears as the good I most earnestly seek to have manifested in my life. When I seek peace, health, or plenty, I have but to turn to the goodness of Christ in order to see that which I seek come forth as my own.

Turning to Christ, I turn to my own inherent goodness. I discover the good that was placed in me when God created me. I find that within me which is altogether good. My attention becomes so fixed upon Christ, the good, that I no longer give any thought to the presence or power of that which men call evil.

I realize that in Truth there is only good, because there is naught but God. I know that evil disappears from my world when the belief in it is dropped from my consciousness. I abide in the realization that God is all there is.

Glory and honor and peace to every man that worketh good.—*Rom. 2:10.*

Sunday, January 6

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*The Truth of Christ now established in my consciousness frees me from erroneous beliefs, and I accept His Truth as the truth of my own being.*



REALIZE that the Truth of Christ is the truth of my peace, health, joy, success, and victory. I drop from mind any belief that is contrary to Truth. I no longer believe error or falsehood to be true. I no longer believe that disease, fear, lack, and failure are true since my attention is centered upon the Truth of Christ.

The Truth that now inspires me causes me to give up any belief that is contrary to it. I give up every thought that would take my attention away from the Truth of Christ. Thinking of this Truth, I know that it will be manifested in me.

The Truth of Christ now established in my consciousness quickens me to realize the truth about myself. I accept this Truth as my living philosophy of life. I know that it is the Truth of heaven brought to man by Jesus. I realize that it is the Truth that inspires me to behold that which is mine in Spirit.

All my thoughts and acts this day are measured by the Truth of Christ. I think and live according to His Truth and my life is victorious.

God is true.—John 3:33.

Monday, January 7

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*I give up every anxious and worrisome thought and increase my trust in God, the good.*



AM no longer anxious. I no longer worry about persons and things. I drop from mind every thought of anxiety that I may increase my trust in God. I cease to worry about my affairs, because I place all these in the care and keeping of God.

I am free from the habit of worry. I erase from mind those thoughts that would cause worry to become active in my mind. I increase my trust in the good and know that I need no longer think or worry about evil.

I do not have to be concerned about the working of good in my life. I know that God is ever active and that He is ever filling my life with good. I see the futility of worrying. I now take command of my thought processes and think only the thoughts I want to think: thoughts of good, thoughts of trust.

In the consciousness of Truth, there is no occasion for worry. I know that God is now bringing good to pass in my life in His own way. I realize that nothing can thwart His purpose or cause His action to be delayed.

I abide in the realization that I can trust God at all times.

In nothing be anxious.—*Phil. 4:6.*

Tuesday, January 8

---

*The peace of Christ in the midst of me pervades my whole being, and I am at peace.*

**T**HE PRESENCE of Christ within me is the very presence of peace. I am now unified with the presence of Christ and consequently at one with His peace. I feel that this presence pervades my whole being and causes me to be peaceful in mind and in body.

Dwelling in Christ's peace, I am at peace with all persons, all things, and all situations. I know that through being peaceful I become masterful and victorious. I realize that through identifying myself with the peace of Christ I am united with the very power of peace.

My peace of mind causes me to become peaceful in my body and in my environment. Through the consciousness of peace, I realize that I come into that higher realization that knows no inharmony. I enter the realization that Christ as peace now has command of my world. I know that no inharmonious thought can take command of me when I am established in the presence of Christ and the consciousness of peace.

I resolve to live a peaceful life today.

Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee.  
—Isa. 26:3.



Wednesday, January 9

---

*In the Christ consciousness, the consciousness of perfect freedom, I am free.*



**LIVE** in the realization that I am free from every thought of bondage. I abide in the consciousness that I am free with the freedom of Christ in the midst of me. I live in the truth of my perfect freedom. Thoughts of bondage to sin, evil, fear, hate, disease, and failure can no longer bind me. I accept the truth of my freedom.

Christ in the midst of me ever inspires me to be free. He quickens me to set myself free from enslaving thought. He inspires me to be free from all belief that other persons, things, or circumstances can hold me in bondage. I know that nothing but my own limiting belief can limit me and through Christ I am free from all self-imposed limitation.

This day I declare my freedom. I declare the truth that sets me free from every form of bondage. I think of the freedom of Christ within me and I, too, become free. I realize that nothing can enslave Christ and I know that nothing can enslave or bind me.


I go forth this day in the consciousness of my inner freedom. I go forth in the realization that Christ in me has set me free.

He that was called in the Lord being a bond-servant, is the Lord's freedman.—*I Cor. 7:22.*

Thursday, January 10

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*I drop from mind thoughts of evil,  
fear, and limitation in order to con-  
form to the mind of Truth.*

 TODAY I discipline my thinking. I substitute thoughts of Truth for the negative and adverse thoughts I have been thinking. I drop negative thoughts from mind in order to make it harmonize with the mind of Truth, the mind of Christ.

I exchange thoughts of sin, evil, fear, hate, disease, and lack for thoughts of Truth: thoughts of good, courage, love, health, and plenty. My mind is freed from adverse thoughts and identified with the mind of Christ. I think Christward, and my mind is filled with Christ-like thoughts.

Thinking thoughts of Truth, I find that my mind becomes so interested that it gives no attention to negative and adverse thoughts. It becomes so intent upon thinking good thoughts that it cannot think thoughts of evil. I realize that the best way to discipline my mind is through substituting good thoughts for negative and adverse ones.

I know that there is but one spiritual mind, one mind of Truth, one spiritual consciousness. I direct all my attention to the one Mind in order that my mind may conform to it.

I of myself with the mind, indeed, serve the law of God.—*Rom. 7:25.*

Friday, January 11

---

*By prayer, conscious communion with  
Christ within me, I can do all things.*

**P** RAYER, to me, is a consciousness of my oneness with Christ in the midst of me. When I pray, I know that I identify myself with Christ and am conscious of this identity. When I pray, I make myself open and receptive to the blessings of Christ.

Through prayer, I realize that all God's blessings are mine. I know that in prayer I do not beg or beseech God for anything, I simply realize that His blessings are already mine. I enter into the realization that God's blessings are mine when I am conscious of my oneness with them.

When I pray, I am conscious of naught but Christ. I realize that He is all sufficient in my life. I know that I have but to turn to Him in order to receive the blessing I most earnestly seek or crave. I lose sight of my personal self and become conscious of my higher self—Christ—and His blessings.

Through prayer I am conscious that Christ within me is ever certain of His supremacy over all things. I too know that in prayer I become victorious in all situations in life. By prayer I unify myself with the best there is in the universe.

I will pray with the spirit, and I will pray with the understanding also.—*I Cor. 14:15.*





## LIFE BEGINS FOR ME TODAY

Life begins for me today!  
New worlds before me lie!  
The yesterdays have passed away  
No more to cause a sigh.  
Before me lies the bright today,  
All blessings in its hold;  
And I rejoice to find it gay  
And sing its joys untold.

Today for me begins anew  
A life that holds for me  
All that's good and real and true—  
Its blessings now I see.  
I look no longer to the past,  
Nor wait for future days;  
For with today my lot is cast,  
Its present joys I praise.

Saturday, January 12

---

*I am no longer afraid of persons or things. Through Christ in the midst of me I am fearless and courageous.*



KNOW that Christ at the heart of my being is ever turning me from the thought of fear to Truth and courage. I know that I need no longer be afraid of other persons, external things, and situations. Christ in the midst of me ever inspires me to take the courageous attitude.

Filling my mind with thoughts of Truth and fearlessness, I find no place there for thoughts contrary to Truth and thoughts of fear. I know that when I abide in the presence of Christ nothing in all the world can make me afraid.

The courage of Christ is my innate sense of courage. I cannot be afraid when I realize this. I cannot entertain the thought of fear when the thought of courage is uppermost in my mind. I abide in the knowledge that my thought of fear is now giving way to an acceptance of the truth of my divine courage.

I live in the realization that fear is now permanently removed from my consciousness and that courage is permanently established there. Henceforth I will think the truth about courage and abide in the presence of Christ.

God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.—II Tim. 1:7 (A. V.).

Sunday, January 13

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*The joy of Christ within me frees me from all sense of depression, and I am joyful.*



TURN in thought to the presence of Christ within me, the presence of indescribable joy. I know that when I abide in this presence I cannot be conscious of sorrow or depression. Nothing in all the world can make me unhappy when I abide in the joyful presence of Christ.

In the consciousness of joy, I find joy that never changes. My joy is not affected by what other persons think, say, or do. I cannot be depressed by the condition of external things when my thought is centered upon Christ in the midst of me.

Joy fills my heart and radiates to every part of my being. My world is filled with joy because my heart is filled with the presence of Christ. No thought antagonistic to joy can enter my mind.

The joy of Christ is ever constant. Things of the world about me cannot change this joy. I am so established in the presence of Christ that I am inseparably one with His joy. I am forever joined to Him and a part of His joy.

I live in the knowledge that the joy of heaven is now mine through the coming of Christ.

Thou hast put gladness in my heart.—*Psalms 4:7.*

Monday, January 14

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*I no longer believe that I am ruled by adverse laws. God, the law of good, rules me and my life.*



NOW free myself of all belief that I am ruled by negative laws: laws of disease, laws of failure, laws based upon fear. I realize that I am not under any adverse law. I no longer entertain the belief that there is any law upon which evil or limitation can be based.

In Truth there is but one God, one law of good. I realize that as I am ruled solely by God so am I ruled entirely by the law of good. No adverse law can rule me when I live in the consciousness of one God and one law.

The law of health rules my mind and my body, and I no longer believe that I am ruled by any law of disease, law of heredity, law of death. This law of health is the law of God, forever ruling me and my very existence. It is the law that has no rival.

God's law of prosperity and success is the only law that has any bearing upon my affairs and finances. No law of failure can prevail against it, because nothing can prevail against God. God recognizes no law competing with Himself, so the law of good remains unchallenged and undefeated in its supremacy.

Hearken unto the statutes and unto the ordinances.—*Deut. 4:1.*



Tuesday, January 15

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*The life of Christ in the midst of me  
is inexhaustible and sufficient for every  
demand I make upon it as my life.*

**L**IVING in oneness with the life of Christ, I find it sufficient for all my needs. I know that it cannot be depleted. I realize that Christ's life is mine and that I can draw upon it at any time and be filled with abundant life.

The life of Christ within me ever quickens me to new life. I am quickened to the consciousness that Christ in me is the source of my life and very existence. I know that His life is my very life and that I need but turn to Him in order to become conscious of more life.

Abiding in Christ, I am at one with His life. I cannot believe that my life is limited when I am identified with Him. I cannot think that I am tired or exhausted when I know the truth that I am filled and thrilled with life and vitality. I realize that the life of Christ meets my every demand.

I am forevermore alive in the consciousness that Christ in me is my life. This life purifies, nourishes, vitalizes, heals, and strengthens me. Henceforth I will think of this life as mine at all times and realize that I have within me the very fountain of abundant life.

*Thy life shall be clearer than the noonday.—Job  
11:17.*

Wednesday, January 16

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*My body is the temple of Christ, and  
He embodies in it His ideas of perfec-  
tion and strength.*

**M**Y BODY is the manifestation of my ideas of health and perfection. As my ideas conform more and more to Truth, I come into a clearer realization that in Truth my body is Christ's temple. As I give up my limited ideas about the body, I find that the ideas of Christ become more and more manifest.

In my body are embodied such ideas as will cause the temple of Christ to come into visibility to His glory. I give up all preconceived ideas that my body is something material and physical. I begin to behold in my body the presence of Christ coming forth as a temple of beauty, light, and glory.

My body is now dedicated to the purity of Christ. The purifying and cleansing presence of Christ relieves it of impurity and stagnation. Christ now appears in all His glory. He embodies himself in my body.

My body is Christ's holy temple of love and joy. I rejoice to behold my innate perfection and strength now appearing. I rejoice to know that Christ is now appearing in my midst. I rejoice to feel His presence quickening my body.

He spake of the temple of his body.—*John 2:21.*

Thursday, January 17

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*The justice of Christ ever prompts me to be just and righteous in all my dealings.*



TURN in thought to the presence of Christ and His justice within me and I am inspired to be just in my dealings with others. I give up every unjust thought in order to keep my mind open and receptive to the justice of Christ. I give up every thought of unkindness, cruelty, and revenge in order to enjoy the love and justice of Christ.

The justice of Christ inspires me to rise above every tendency to be unjust and leads me to let Christ prompt me in all my dealings. I am inspired to be just when others attempt to be unjust toward me. I refer all personal matters to Christ and am ruled entirely by His sense of justice.

Abiding in the consciousness of justice, I am willing to be just toward all persons. I am willing to think and act according to His will and justice even when others might urge me to be unjust.

Living in the consciousness of justice, I realize that all others will be just to me.

Except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no wise enter into the kingdom of heaven.—*Matt. 5:20.*

Friday, January 18

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*The presence of Christ within me causes heaven to appear in my very midst.*



NO LONGER think of heaven as existing in the distance or in the future. I do not think of it as limited by place or time. I do not think of heaven as something to be reached through death or a negative state of consciousness.

I know that Christ lives within me and that He is enthroned in His heaven. I know that heaven exists here and now. I realize that I find heaven within me through reaching a heavenly consciousness. I know that heaven is reached through an understanding of spiritual Truth and life eternal.

Christ within me ever directs me to His presence and that of heaven. I abide in a heavenly state of mind and realize that heaven is in my very midst. I abide in the consciousness that even though heaven is in my midst, I too am in heaven. My environment becomes heavenly because I know that I live in heaven. I realize that through the heavenly consciousness I find that realm where naught but the good can abide.

Heaven is a harmonious state of consciousness. As I live in this consciousness, I discover that all things in Truth are heavenly.

The kingdom of heaven is at hand.—*Matt. 4:17.*

Saturday, January 19

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*The light of wisdom and inspiration shining at the heart of my being is Christ's light illuminating and inspiring me.*

**M**Y THOUGHT is now directed to the presence of Christ's light within me. This is the light of heaven guiding and directing me in all my ways. It illumines me when I appear to be in darkness and ignorance. It inspires me when I need to know Truth. It illumines me when I need to know that the light of Christ is within me.

The light of understanding shining at the heart of my being illumines my consciousness, and I can no longer be in doubt as to what to do. I cannot be deceived into believing that that which is not true is true. I know that this light shines upon all my problems and that it reveals to me their solution.

Abiding in the light, I am free from all sense of mental darkness. I cannot seek information without attracting it to me. I cannot need direction without having it given me. The light of Christ sheds light upon all that I need to know and I am mentally illumined.

The light of heaven shining upon me reveals myself to me as I exist in Truth. I behold myself divested of all ignorance and darkness.

Jehovah is my light and my salvation.—*Psalms 27:1.*

AFFIRMATIONS USED BY  
SOCIETY OF SILENT UNITY

January 20 to February 19

Illumination

*Infinite intelligence illumines and inspires me to press forward with courage and confidence to accomplish mighty works.*

Healing

*I press forward with courage and boldness in the power of God, and I am healed.*

Prosperity

*Thou art my almighty resource and Thy unfailing bounty is piling up in mind and manifesting in affairs.*

Sunday, January 20

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*Through the healing consciousness  
of Christ I am healed and made whole.*



CHRIST within me is the Great Physician. Turning in thought to Him, I have power to rise out of every belief in disease. I no longer give power to the disease thought since I know that Christ as Truth has all power. I no longer think of disease as present in my body since I know the truth that Christ as health exists in my body temple.

The healing consciousness of Christ primarily heals my mind of every latent belief in disease. The healing Truth of Christ now removes from my mind every thought that produces disease. I abide in the realization that only the healing consciousness of Christ has power in my life. I realize that His presence ever inspires me to accept His Truth and to be made whole and well in every part.

I feel the healing work of Christ now taking place in my body. I feel His healing presence and realize that He is quickening me to perfect health. I know that in His presence I am whole and well and that I have but to turn to Him to receive perfect healing.

In the healing consciousness I know that I have power to help all those who come to me.

I will take sickness away from the midst of thee.  
—Exod. 23:25.

Monday, January 21

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*The rich consciousness of Truth now prevailing in my affairs establishes therein the riches of Spirit sufficient for every demand.*

**I** KNOW that my affairs cannot be detached from the presence of Spirit. I realize that Spirit pervades them to the utmost and prevails as the only presence and power. The riches of Spirit now appear in my affairs as that which is needed to supply my every need.

No good thing can be withheld from me. I abide in the truth that all good is mine and that it is manifested by my desire and word. My supply appears when it is needed. My rich consciousness replete with rich ideas now quickens me to know that my need for supply is promptly met.

God, the good, bestows upon me His bountiful riches. I enjoy these to the fullest because I have the consciousness of riches. I live in the realization that in Truth there is no lack. God's omnipresence is an omnipresence of substance, supply, and sustenance.

My prosperity is forever established because I am forever established in the presence of God. Nothing can cause me to lose sight of His presence and His support.

God, who giveth us richly all things to enjoy.  
—1 Tim. 6:17.



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Tuesday, January 22

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*I direct my whole attention to Christ  
within me. He is my all in all.*



CHRIST within me is that perfection implanted within me at the time of my creation. He is my spark of divinity. He is that within me which is of heaven. He is that through which I am able to do all things and to emerge victorious out of all situations.

Christ within me directs me to my own divine sonship. I behold through Christ that in me which relates me to my heavenly Father. Through Christ I find within myself that which makes me akin to all things in Truth.

Christ within me is the presence of all that is holy. Through His holy presence I realize my own sense of holiness. I know that His divinity directs me to that within me which God calls divine. I lose sight of anything within me which is ignoble when I center my attention on Christ, on that which is holy. I behold in Christ that within me which is like unto God. I see in the mirror of Truth that within me which is Christly.


Things of the world no longer have power over me. Christ exists in my life as that which calls me away from things of the world and makes me satisfied with Himself.

Christ in you, the hope of glory.—*Col. 1:27.*

Wednesday, January 23

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*I forgive readily and thoroughly because the forgiving work of Christ in the midst of me is readily and thoroughly done.*

N THE CONSCIOUSNESS of forgiveness I give up every thought that would delay complete forgiveness. I drop from mind every memory of misdeeds and hurt feelings. I forgive thoroughly and completely. I rejoice to live in the consciousness that Christ in me forgives readily and completely.

I can forgive easily because I know that in order to forgive I have but to rise out of personal consciousness into the consciousness of universal love. I no longer think of other persons as having power to affect my happiness or success.

When I forgive I know that Christ in me has greeted the Christ in another through universal love and spiritual unity. I know that in the higher consciousness there is nothing to forgive and that all memory of wrong and personal injury is wiped out.

The forgiving Christ in the midst of me ever prompts me to forgive and to restore another to that place in my affections which he had before any unpleasant situation arose.

Her sins, which are many, are forgiven.—*Luke 7:47.*

Thursday, January 24

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*The perfect idea of man implanted in me at the time of my creation now is manifest as my own perfection.*

**I** CEASE to think of man as imperfect. I no longer think of myself, a child of my perfect Father, as having shortcomings. I know that God created man perfect and that in Truth he is made in the image of his Father. I know that I too am perfect in the sight of God.

No longer thinking about imperfections, I come into the consciousness that Christ within me is altogether perfect and that He is my innate perfection. I realize that in the sight of God, I cannot be imperfect. I know that in His sight I am a perfect man come into visibility and expression.

The perfect idea of man that God implanted in me proves to be supreme over any conflicting idea that I may entertain. Every belief in imperfection must give way to this idea of perfection. God's will must prevail. His idea of perfection must be expressed in me as my own perfection.

I live in the consciousness that permits God's perfection to be expressed in me. I behold in the mirror of Truth God's idea of perfect man and come to know that I am His perfect child. I behold myself as He sees me.

Let us press on unto perfection.—*Heb. 6:1.*

Friday, January 25

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*The power of Christ in the midst of me ever gives me dominion and authority over every situation in my world.*

**T**ODAY I wipe from mind every belief that persons, things, or situations of the external world have power over me. I no longer think of anything of the world about me as having power over me. I know that in Truth only Christ in the midst of me has power over me and my world.

I do not believe that negative and adverse thought can dominate me. I wipe from mind all belief that evil, sin, fear, hate, sorrow, disease, and failure can command me. I know that there is but one power in Truth, the power of my indwelling Christ. I am conscious that He alone has dominion and authority.

Christ within me is all power. He is the power of peace, good, love, life, and success. He is the power that gives me dominion over every situation I have to meet. Through Him I have authority over every circumstance in my life. I understand something of His omnipotence when I realize that He is the only power in Truth.

The power of Christ is ever active in my mind and my affairs establishing himself as that power which knows no opposition or rival. He is the power that urges me forward.

The God of Israel, he giveth strength and power unto his people.—*Psalms 68:35.*

Saturday, January 26

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*The way of Spirit, the path of peace  
and success, opens before me, and I  
walk therein to peace and success.*



REALIZE that in Truth there is but one way, the way of Spirit. I know that when I live in Spirit I shall not need to consider many paths or many roads. I know that Spirit knows but one road, the road of Truth. When I abide in spiritual consciousness I will see but this one road.

When I go the way of Spirit, I am sure of going the way of peace, love, health, and plenty. There can be no lack or failure on the road of Truth. This assures me of receiving the blessings of Spirit whenever I need them. Going the way of Truth I am attended by the presence of Spirit in all that I do.

I cannot be undecided about the way I should go. The wisdom and good judgment of Spirit within me prompts me to choose the way of Truth. Rising out of indecision, I am aware that my decisions are always wise and intelligent. When I abide in the Christ consciousness, I always choose the right path.

The way of Spirit is the way wherein the blessings of Christ come to me according to my bidding. Whatever I need, I find in this way. Nothing can be withheld from me when I go the way of Spirit and abide in Truth.

**Make straight paths for your feet.—Heb. 12:13.**

Sunday, January 27

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*I give up all thought of mental and physical tension and strain in order to abide in the truth of Christ's presence.*



**I**YIELD every belief in tension and strain in order to relax in the presence of Christ. I give up every thought that would make me tense in mind or in body. I give up thoughts of fear, resistance, and animosity in order to experience peace and relaxation. I rid myself of tension in mind and find that my body relaxes perfectly.

I give up all belief that things of the external world can affect me or make me tense. I know that when I abide in the presence of Christ I cannot be affected by things of the world. I realize that only in His presence am I secure from tension and strain.

My soul finds harmony and rest in the knowledge that I can retreat into the presence of Christ and be free from worldly strain and stress. I rest secure from all belief that events, situations, and circumstances can disturb me.

I abide this day in the understanding that Christ is in me and that He gives rest to my soul. I abide in the knowledge that He ever refreshes and strengthens me. He gives to me His presence, and I find it to be the presence of peace, harmony, and joy.

Ye shall find rest for your souls.—Jer. 6:16.

Monday, January 28

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*I no longer condemn myself or others.  
I abide in the Christ consciousness of  
praise.*

**I** FREE myself from all tendency to condemn myself. I rise out of the consciousness of condemnation and no longer have any tendency to condemn myself or others. I cease to look for evil and behold the good.

I rejoice to be free of the habit of condemnation. I rejoice in the freedom that I no longer look for evil in others or condemn them. I abide in the consciousness of praise and rejoice to praise the good. I live in Christ Jesus in whom there is no condemnation.

Since I abide in the consciousness of praise, I find that others praise the good in me. They no longer condemn me. My consciousness does not attract condemnation. I live in the realization that in Christ Jesus there is only praise.

I praise the Christ in all persons. I look beyond the appearance of evil and behold the good, the Christ. I know that in Truth there is nothing to condemn, since Christ is all in all. I know that there is only the good since there is only the Christ.

I praise the good in all persons. In praising their good, I cause it to increase.

There is therefore now no condemnation to them that are in Christ Jesus.—*Rom. 8:1.*

Tuesday, January 29

*I am thankful for every evidence that Christ is ever blessing me with His presence of good.*



AM THANKFUL! I give thanks for every evidence of the goodness of God. I know that Christ is ever blessing me with good. I realize that through being aware of His presence I become conscious of His omnipresent goodness.

My thankful spirit causes me to be grateful for and appreciative of all the good that comes to me. No blessing can come to me without my being thankful for it. I cannot be ungrateful or neglect to give thanks since I abide in the consciousness of thanksgiving.

I rejoice in every opportunity to give thanks. I take nothing for granted. I know that every good that comes to me comes as evidence of God's love for me. I am thankful for all the good that appears in my life and I promptly give thanks for it.

I am thankful for light, peace, love, joy, courage, health, and plenty. I rejoice to count my blessings and to give thanks for them. Above all I am thankful for my understanding of Truth and I am grateful for the understanding that helps me solve my problems and lead a victorious life.

Enter into his gates with thanksgiving.—*Psalms 100:4.*



Wednesday, January 30

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*The presence of Christ within me  
ever lifts me above things of the world,  
and I am exalted to high heaven.*



**I AM LIFTED UP!** The presence of Christ exalts me above things of the world and causes me to know my supremacy over all worldly things. I know that there is that within me which is always supreme. The presence of Christ within me ever causes me to feel mightier than the external world.

My whole attention is now drawn to Christ within me. I no longer think of any other presence or power. I know that I am lifted up to high heaven through keeping my thought upon Christ.

I abide this day in the realization that nothing in all this world can cast me down. Christ in the midst of me ever lifts me up. I realize that through Him I am victorious in all situations. I know that when I realize this, nothing in all this world can depress me.

I live in the consciousness of exaltation. I am exalted above every limiting belief. I am exalted to the consciousness that Christ is all in all in my life. Nothing else in all this world matters.

Christ now lifts me up even as He is ever lifted up to His heavenly Father.

*Arise, shine.—Isa. 60:1.*

Thursday, January 31

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*The quietness of Christ in the midst of me keeps me quiet and still in all situations.*



CHRIST at the center of my being is the center of quietness. Nothing in all this world can affect His stillness. The very stillness of heaven comes to earth through Him. I become still because Christ in the midst of me is still.

I know that when the world about me is confused and noisy that I have but to turn to Christ in order to find perfect quiet. I have but to turn to His presence in order to find that stillness which nothing of the world about me can disturb.

Living in the stillness of Christ, I find that my mind becomes filled with quieting thoughts. I am mentally at peace with all things. I abide in that sense of quietness which nothing can affect or change.

My body is free from all disquiet because my mind is poised in Spirit. Nothing can disturb my body because my mind is centered in the quietness of Christ. My body calmly and quietly performs its various functions because its parts are harmoniously adjusted in Spirit.

I rejoice to know that I find perfect rest in Christ's presence of quietness.

The effect of righteousness, [shall be] quietness and confidence for ever.—*Isa. 32:17.*

## A PRAYER FOR THE NEW YEAR

Some one has said that "God help me" is an incomplete prayer; that to be effective it must include others. Thus "God help me to help others" is the right prayer for the Christian.

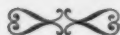
This would make an ideal prayer for the new year, and what better way to help others than by placing in their hands Truth literature with its glorious message of freedom?

Why not join the Help-One-A-Month club now and resolve that each month during 1935 you will help some one by sending him a subscription for a Unity periodical. The good that you may accomplish in a year's time is beyond estimate.

To join the club simply send in your first order, and say that you wish to become a member. Afterward we will keep you supplied with cards. *Unity Daily Word* would be ideal for your first gift subscription. Send your order to the Help-One-A-Month club, 917 Tracy, Kansas City, Mo.

## PRICE REDUCED

An attractive black keratol cover for **UNITY DAILY WORD**, priced formerly at \$1, can now be had for 50 cents. The name of the magazine is stamped in gold. As we have only a few hundred of these holders, we suggest that you send for one today.



## The Face of Christ

Of the physical features of the face of Jesus we know little; of the radiant spiritual characteristics of His face we know much. And how did His face become thus radiant, benign, compelling? Not because He sought to make it so; not because He gave any unusual personal attention to it at all; but what He was shone through His features so plainly that it is doubtful whether men ever did see Him as His actual physical features appeared. His spirit dominated His corporeal being. His spirit shone through His face, and men saw not His fleshly self, but His spirit shining through.

—Ernest C. Wilson; *The Contemplation of Christ.*

